

# LEARNING OBJECTIVES

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## LEARNING OBJECTIVE 1

### Understanding the Foundations of Reiki

- Explore the history and origins of Reiki, including Dr. Usui's journey.
  - Understand the principles and philosophy of Reiki.
  - Learn the meaning and significance of the Five Reiki Precepts (Gokai).
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## LEARNING OBJECTIVE 2

### Introduction to Energy and Self-Healing

- Understand the concept of life force energy (Ki/Chi/Prana) and how it flows through the body.
  - Recognise the energy centers (chakras) and their role in physical, emotional, and spiritual well-being.
  - Develop sensitivity to energy and begin to perceive subtle shifts.
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## LEARNING OBJECTIVE 3

### Attunement to Reiki Energy

- Receive the Level One attunement/initiation, opening the ability to channel Reiki energy.
  - Experience the energetic shift and connection to the Reiki lineage.
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## LEARNING OBJECTIVE 4

### Hands-On Healing Techniques

- Learn hand positions for self-healing and practice daily self-treatment.
  - Explore hand positions for giving Reiki to others (friends, family, pets).
  - Develop confidence in intuitive hand placements as awareness deepens.
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#### LEARNING OBJECTIVE 5

### Ethical Practice and Responsibility

- Understand the ethics of offering Reiki.
  - Recognise the importance of humility, compassion, and non-attachment
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#### LEARNING OBJECTIVE 6

### Cultivating a Daily Reiki Practice

- Integrate the Reiki Precepts into everyday life for emotional and spiritual growth.
  - Develop a consistent self-healing routine to strengthen and refine the flow of Reiki.
  - Learn grounding and protection techniques before and after energy work.
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#### LEARNING OBJECTIVE 7

### Introduction to Reiki for Others

- Practice giving Reiki to others in a safe and respectful way.
  - Understand how to create a nurturing and sacred space for healing sessions.
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#### LEARNING OBJECTIVE 8

### Recognising and Honoring Personal Growth

- Reflect on personal shifts and experiences during the learning journey.
  - Recognize that Reiki Level One is primarily for self-healing and building a foundation before moving to Level Two.
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